



## Staying safe during a pandemic winter:

### a tip sheet to post on your fridge



## General Information

**Get Code Red.** Sign up and receive emergency alerts sent by the Town. If you have Code Red already, update your account to include new cell phone numbers, etc. Sign up at the Town of Woodbury website. If you don't have a computer to sign up, call the Senior Center; we will sign you up over the phone.

**Stay connected.** Know these phone numbers and keep them handy:

*Emergency – 911*

*Town of Woodbury Emergency Services – (203) 263-3100*

*Woodbury Emergency Management Director – (203) 695-3037*

*Eversource (Electric utility) Outage Line – (800) 286-2000*

*Eversource Customer Service - (800) 662-7764*

*Woodbury Senior Center – (203) 263-2828*

*Town of Woodbury – (203) 263-2141*

*Town of Woodbury Highways Department – (203) 263-3633*

*Pomperaug District Department of Health – (203) 264-9616*

**Have a computer?** Review these websites for important information on emergencies and more.

**Town of Woodbury** <https://woodburyct.org/>

**Pomperaug District Department of Health** <http://pddh.org/>

**State of Connecticut Division of Emergency Management** <https://portal.ct.gov/DEMHS/Emergency-Management/>

**Woodbury Senior Center** <https://woodburyseniorct.org/>

## Managing Health Emergencies



### Covid symptoms -

- ⇒ If you experience minor symptoms, call your health care provider and manage symptoms at home
- ⇒ If you are experiencing emergency symptoms, such as shortness of breath, chest pain, etc., call 911. Inform them if you know or suspect you have Covid.

### Other Health Care issues –

- ⇒ Balance the risk of not seeking treatment with the risk of exposure. It is a good idea to seek the lowest exposure possible while still getting necessary care. Discuss non-emergency medical care with your provider. Continue necessary treatment, testing, and protocols.
- ⇒ In an emergency, call 911. Don't delay in seeking medical care for life-threatening or urgent issues, even during the pandemic.



## Managing Cold Weather Emergencies

**Prepare to stay at home, if possible.** Have on hand:

- ⇒ Food and water to last several days – choose foods that don't require heating if possible
- ⇒ Paper goods for eating, drinking and toiletries. It is important to not share eating surfaces and utensils when washing these items thoroughly is not possible.
- ⇒ Extra water and soap, paper towels for extra hand washing during Covid
- ⇒ Cell phone/ charger/ spare battery pack
- ⇒ Basic first aid kit
- ⇒ Flashlights with batteries and spare batteries
- ⇒ Hand sanitizer
- ⇒ Cleaner and towels or wipes for cleaning frequently touched surfaces.
- ⇒ List of contacts and meds
- ⇒ Pet supplies



**Use the buddy system with a friend-** determine ahead of time how frequently you will call and check on each other. Staying in touch saves lives.

**Use generators safely.** Keep them away from doors and other openings into your home.

**Make sure your smoke detectors,** carbon monoxide detectors and other devices are current and in working order.

**Dress in warm layers,** but don't wear clothes that will constrict air flow.

**Stay near sunny windows,** if possible.

**If you would appreciate a check in phone call during emergencies, sign up at the Senior Center (203) 263-2828.**

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**If you must leave your home for shelter:** Have a "go" bag ready, including:

- ⇒ A complete change of clothes, with two changes of socks and extra masks
- ⇒ Towels and toiletries, including a personal size hand sanitizer
- ⇒ Something to do (a book is ideal) which you will keep with you at the shelter
- ⇒ An updated list of your medications as well as the actual medications
- ⇒ Contact list of people who need to know where you are, or who you may need to reach
- ⇒ A refillable water bottle with your name on it.
- ⇒ A personal pillow or blanket for your use if you will be away from home overnight
- ⇒ A small flashlight and extra batteries
- ⇒ Your cell phone and charger.



**Consider your sheltering options.** A hotel or other commercial space will be more comfortable and allow for better social distancing than will a public shelter.

**The Town of Woodbury** will consider the necessity of opening a shelter on a storm by storm basis. Notifications will be sent via Code Red.

**During Covid,** expect that any shelter or warming center will be screening people and that social distancing protocols will be in place to the extent possible.

**If a warming center is opened,** be aware of opening and closing hours and any other information as described on the Code Red system. Warming centers do not provide sleeping accommodations.